

# DECEMBER/JANUARY CLASSES

Registration begins November 12

<b>Spring Chickens - Chair Exercises (Registration is open now)</b>			
\$32/\$42	16 meetings (No class held on 11/11, 11/28, 12/23-1/2)		
#9380	MON	11/4-1/16	10:00AM - 11:00AM
	THUR		8:50AM - 9:50AM

<b>Smart Driver</b>			
<b>\$15 AARP Members/\$20 non-AARP</b>			
#9363	FRI	12/13	9:00AM-1:30PM
(*#9363 for returning students only)			

<b>Oil Painting</b>			
\$36/\$46	6 meetings (No class held on 12/23-1/3)		
#9394	TUE	12/10-1/28	9:00AM - 12:00PM
#9387	WED	12/11-1/29	9:00AM - 12:00PM
#9388	WED	12/11-1/29	1:00PM - 4:00PM
#9388	THUR	12/12-1/30	9:00AM - 12:00PM

<b>Line Dance</b>			
<b>New Beginner I (Never had classes)</b>			
\$12/\$22	6 meetings (No class held on 12/23-1/3)		
#9570	WED	12/11-1/29	9:00AM - 10:00AM
<b>Beginner Level II (Has had classes before)</b>			
\$12/\$22	6 meetings (No class held on 12/23-1/3)		
#9569	TUE	12/10-1/28	11:00AM - 12:00PM
#9571	WED	12/11-1/29	10:00AM - 11:00AM
<b>Advanced Beginner III (Has had 6-12 months of classes before)</b>			
\$12/\$22	6 meetings (No class held on 12/23-1/3)		
#9572	WED	12/11-1/29	11:00AM - 12:00PM

<b>Zumba Gold</b>			
\$12	6 meetings (No class held 12/24-12/31)		
#9811	TUE	12/10-1/28	10:00AM - 11:00AM

## DROP-IN PROGRAMS

Free unless otherwise noted

### MONDAY

Chinese Folk Dance *	9:00AM - 10:00AM
Crochet & Knit	9:00AM - 11:30AM
Chair Exercises	11:10AM - Noon
Movie Day	1:00PM 2nd & 4th Mondays
Bridge Class	1:00PM
Bridge Party	1:00PM - 4:00PM
Chinese Karaoke *	1:00PM - 3:30PM
Plaza Dancing	1:30PM - 2:30PM

### TUESDAY

Beginning Yoga	8:40AM - 9:55AM
Coffee Social	10:00AM December 10th
Book Club	10:30AM - 11:30AM 3rd Tuesday
Crafting, Quilting & Sewing	Noon
Bridge Party	1:00PM - 4:00PM
Yuen Chi Dance *	1:30PM - 3:00PM
Pickleball	1:45PM - 4:00PM

### WEDNESDAY

Crafts	9:00AM - 11:30AM
Guitar	9:30AM - 11:00AM
Tone Up w/ Toni	12:10PM - 1:10PM \$2.00/Session
Bridge Party	1:00PM - 4:00PM
Bingo	1:15PM - 3:30PM
Ukulele	1:30PM - 3:30PM

### THURSDAY

Zumba Gold	10:00AM - 11:00AM	\$2.00/Session
Conversational English	10:00AM - NOON	
Chair Exercises	10:10AM - 11:10AM	
Bridge Party	1:00PM - 4:00PM	
Ballroom Dance *	1:30PM - 3:30PM	

### FRIDAY

Beginning Yoga	8:40AM - 9:55AM	
Calligraphy *	9:30AM - 11:30AM	
Chinese Chorus *	9:30AM - 11:00AM	
Zumba Gold	10:00AM - 11:00AM	\$2.00/Session
Chinese Folk Dance *	11:00AM - NOON	
Hand & Foot	12:30PM - 4:30PM	
Shall We Dance	1:30PM - 3:30PM	
Tai Chi Practice	2:00PM - 3:00PM	

### SERVICES

Blood Pressure	9:30AM - 11:30AM	Monday, Tuesday, Thursday & Friday
SALA	10:00AM - Noon	
	½ Hour Appointments	2nd Wednesday
HICAP	9:30AM - 12:30PM	1st Tuesday (English & Vietnamese)
	1:00PM - 4:00PM	3rd Thursday (English & Chinese)
	1 Hour Appointments	
Case Manager	Call 408-586-3400	By Appointment Only
Shuttle Service	Call 408-586-3400	By Appointment Only

\* Mandarin Speaking Programs



**BARBARA LEE SENIOR CENTER**  
 40 N. Milpitas Blvd.  
 Milpitas, CA 95035  
 (408) 586-3400  
 Monday-Friday 8:30AM - 4:30PM



All Recreation programs, events, activities and their locations are subject to change at the discretion of Recreation and Community Services.

# SENIOR CONNECTION

## NEWSLETTER

### UPCOMING HOLIDAY HOURS

#### The Senior Center will be closed on:

- Monday, November 11 – Veterans Day (observed)
- Thursday & Friday, November 28 & 29 – Thanksgiving Holiday (observed)
- Tuesday & Wednesday, December 24 & 25 – Christmas Holiday (observed)
- Wednesday, January 1 – New Year's Day (observed)

#### The Senior Center will close at 1:00PM on:

- Monday, December 23, Thursday, December 26, Friday, December 27
- Monday-Friday, December 30-January 3 (closed Wednesday, January 1)
- Only the lunch program will be offered these two weeks (10:30AM-1:30PM)

November-December 2019



= Open to the community

### New! Milpitas Assistance Program

Pop-up registration at the Senior Center on Tuesday, November 5, 6:30PM and Thursday, November 7, 1:30PM



You or someone you know may be eligible for discounts on recreation programs, water or sewer utility bills, and residential building permits for replacement water heater, furnace or air conditioner units. Milpitas residents who participate in qualified Federal, State or County programs, such as Medicaid or Medi-Cal, SSI or food stamps are eligible and households at or below the California Housing and Community Development income levels for this area qualify. Milpitas residents experiencing temporary financial hardship due to job loss, loss of the primary wage earner or serious illness may also be eligible. Enrollment begins November 4. For more information, talk to the Case Manager, or visit [www.milpitas.ca.gov/MAP](http://www.milpitas.ca.gov/MAP).

### See's Candies Group Order November 1-27

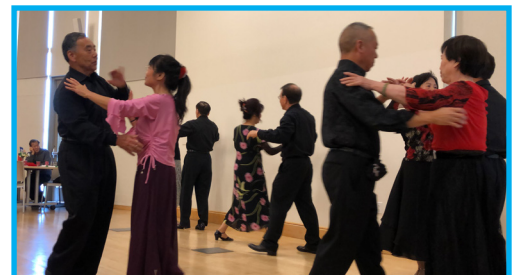
If your holiday gift-giving includes candy, here's an opportunity to buy See's Candies at a discounted price (up to 22% on some items) – and we'll even do the shopping for you! Order forms are available at the Senior Center Front Desk. All orders with full payment (cash or check only) are due Wednesday, November 27. Your candy order will be available starting Monday, December 9 at the Senior Center. This is the Senior Center's 14th year offering the program. Please note this is not a fundraiser – the price you pay is the price paid to See's Candies. Don't forget to order a box for yourself!



Senior Center Christmas Party (2018)



Christmas Party Dance Routine (2018)



Christmas Party Open Dance Floor (2018)

# EVENTS

## Gratitude Week

**Monday-Friday, November 4-8**



What are you grateful for? How do you express your gratitude for others? During this week leading up to Veterans Day, we will have Gratitude Stations set up with a variety of materials to create cards to express your gratitude to someone who has served or is still serving in the Armed Forces. You can give the card to someone you know personally, or leave it with staff to be sent to an Armed Forces distribution center.

## Health Fair

**Thursday, November 14, 10:00AM-1:00PM**



Get to know the different health-related resources and services in the community that can help you or those you care about. We will have representatives from many businesses and non-profit agencies in our community that provide services for older adults. Come find out who they are and how you can benefit from their services.

## Holiday Tea

**Tuesday, November 19, 2:00PM**

**\$10 per person**

The 4th Annual Holiday Tea is a perfect time to take a break from the stressful holiday season. Enjoy an afternoon relaxing with friends and tasting a few sweets and delicious teas. Sign-up early as space is limited.

## Coffee Social for New Members

**Tuesday, December 10, 10:00AM**



All new members of the Barbara Lee Senior Center are invited to the Coffee Social. This is an opportunity to learn about the Senior Center and its programs, meet some staff and other members, and ask questions while enjoying morning refreshments. Please sign-up at the Front Desk no later than Monday, December 9.



## Holiday Lunch Party

**Friday, December 20, 11:00AM -1:00PM**



*Public, must make reservations by noon the day before (last day to register is December 19)*

Celebrate the holidays this year at the Senior Center's Holiday Lunch Party! This special event will include music, a lunch with a special dessert, chance raffle drawings, and live entertainment! Lunch reservations can be made at the Senior Center's Lunch Reservation Line (408-586-3413), starting December 2 through noon, December 19, first come, first served. Senior Nutrition Program suggested contribution is \$3 for seniors 60 years and older, \$8 for guests under 60.

# PRESENTATIONS

## Essential Oils

**Monday, November 4, 10:00AM**



Come experience essential oils, and learn how they can help you with natural living. You'll explore five powerful essential oils and different ways they can be used to support physical and emotional well-being: from easing pain, calming or lifting emotions, settling an upset stomach, to cleaning the kitchen sink! We will discuss essential oil safety, how oils are produced, and common methods of use. Learn how to use essential oils for a natural healthcare alternative for you and your family. *Please register at the Front Desk by November 1.*

## Hearing Screening Event

**SJSU Hearing Screening Program & CTAP Equipment Distribution event**

**Wednesday, November 6, 8:30AM – 11:00AM by appointment only**



**Pre-registration is required at the front desk**

San Jose State students from the Connie L. Lurie College of Education, supervised by a licensed and certified Audiologist, will be at the Barbara Lee Senior Center to give hearing tests in an informal environment. The California Telephone Access Program will be simultaneously hosting an equipment distribution event, where you can receive your equipment at no cost on the same day in one convenient location.

# PRESENTATIONS

## Travel Wise 101

The Senior Center is hosting a series of workshops to help older adults navigate the bus and light rail system, focusing on accessibility, safety, trip planning and transit technology. Please sign up at the Front Desk no later than the day prior for each workshop that you would like to attend.

Workshop 3: Trip Planning - Tuesday, November 5, 10:00AM

Workshop 4: Technology Tools in Transit - Thursday, November 7, 10:00AM



## Changes in Voter Registration 2020

**Tuesday, November 12, 10:00AM**



Your new voting experience has arrived! Beginning with the March 3, 2020 Presidential Primary Election, voters in Santa Clara County will choose when, where, and how to vote. This new change will bring increased voter assistance, new equipment, and more days to vote. Join us to learn more about how these changes will be implemented and what you can do to get your voice heard.

*Please register at the Front Desk by November 8.*

## Medicare in 2020

**Tuesday, November 12, 11:00AM**



Everything you need to know about 2020 Medicare will be presented in this workshop. The presenter will explain who is entitled, the enrollment process, the different types of coverages, plan types, and payments.

*Please register at the Front Desk by November 8.*

## Energy Workshop

**Friday, November 15, 10:00AM**



Questions about your energy bill? Come meet your community-owned electricity provider, learn about local home energy improvement programs, and hear how this not-for-profit agency has saved the community \$20 million while fighting climate change. Attendees are encouraged to bring their PG&E energy bills to have specific questions answered. Hosted by Silicon Valley Clean Energy.

*Please register at the Front Desk by November 14.*



## Fitness Center Orientation

**Friday, November 15 & December 20, 1:00PM**



Let the Senior Center help you stay on track with your health goals. The cost to use the Fitness Center is just \$1.50 per visit which is sold in increments of 5, 10, 15 & 20 visits. If you're not familiar with the equipment in the Fitness Center, we have free Fitness Room Orientations on the third Friday of each month at 1:00PM. A Personal Trainer will go over the proper use of all the equipment in the room with you. Our Certified Personal Trainers can also assist you with your fitness needs. A trainer can meet with you to talk about your needs and goals, put together a workout schedule and help train you in the Fitness Center. Clients schedule and pay for their training sessions directly with the Trainer. Contact the Senior Center Front Desk for more information at (408) 586-3400.

## Why is Medical Testing Necessary?

**Tuesday, November 19, 9:00AM**



Stanford researchers will be presenting on medical testing. They will walk through the positives and negatives of several types of medical testing, including imaging, laboratory tests, and endoscopy. They will discuss the most common tests requested by physicians, then dive into when these tests are done and what the results can show. Finally, they will conclude the presentation with current research done in the field of medical testing.

*Please register at the Front Desk by November 18.*

## Mental Health 101

**Monday, December 9, 3:00PM**



Mental Health 101 provides foundational information about mental health and mental illness, the difference between the two, and how mental health challenges may look different in different people or cultures. Participants will engage in an interactive dialogue about how to maintain good mental health, and how to combat stigma around mental illness. The training also discusses what to do when someone needs support or help.

*Please register at the Front Desk by December 6.*

# PRESENTATIONS

## Clear Captions Information Table

**Tuesday, December 10, 10:00AM – 12:00PM**



If you are experiencing any form of hearing loss, you may qualify to receive a ClearCaptions phone at no cost to you! ClearCaptions offers real-time phone captioning that allows you to see every word said on the call. Visit with the representative to learn how you can obtain one.

## Teach Seniors Technology (TST)

**Fridays 3:30PM–4:30PM**

Teach Seniors Technology is a volunteer program provided by high school students who are dedicated to teaching older adults how to use modern technology for free. TST volunteers offer specific sessions on computer basics, web safety, how to surf the web, and how to use social media.

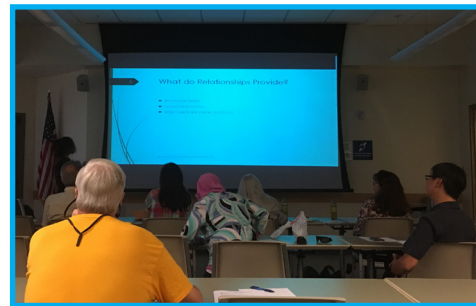
*Please register at the Front Desk by the Thursday before.*



Crafting Workshop



Cardmaking Station



Mental Health Workshop

# CASE MANAGER'S CORNER

## November is Alzheimer's Awareness Month

### What is Alzheimer's Disease?

Alzheimer's disease is a type of dementia that leads to memory, thinking, and behavior problems. It is the most common form of dementia, accounting for 60 to 80 percent of all cases. It is also the sixth leading cause of death in the United States. Alzheimer's disease gets worse over time and eventually comes to a point where a person can no longer accomplish daily tasks. In the beginning, memory problems are mild, but as the disease progresses, patients become unaware of their environment and may no longer be able to carry on a conversation.

### Become a Dementia Friend

**Fridays, November 8 and 15, 8:30AM-9:30AM**

Become a Dementia Friend today to discover how to recognize the signs of dementia, learn simple actions you can take to assist those who are affected by dementia and personally contribute to making our community dementia-friendly! The process of becoming a Dementia Friend is quick and simple. Stop by the Dementia Friends table on November 8 and 15, 8:30AM-9:30AM, for more information and to collect your recognition once you become a Dementia Friend. For more information about joining the Dementia Friends movement, stop by our Resource Area or visit the link:

<http://dementiafriendsusa.org/become-friend>

# OVERNIGHT TRIPS 2019-2020

## Premier World Discovery Trips

If you enjoy traveling and new experiences, check out the upcoming trips the Senior Center is offering! Detailed trip flyers are available at the Senior Center. Premier World Discovery trips require full payment 75 days prior to departure.



# OVERNIGHT TRIPS 2019-2020

## 2020 Trips

- Great Trains & Grand Canyons (departs 4/19/20, 6 days)
- Smoky Mountains and Bluegrass (departs 5/6/20, 8 days)
- Cape Cod and The Islands (departs 9/26/20, 7 days)
- Highlights of Italy's Amalfi Coast (departs 10/20/20, 8 days)
- San Antonio Holiday (departs 12/5/20, 5 days)



## DAY TRIPS

Key/Note



= Light walking



= Moderate walking



= A lot of walking

The Barbara Lee Senior Center is excited to offer a variety of fun day trips that explore many beautiful Bay Area destinations, as well as unique events and activities. The day trips are very popular, so a lottery system is used to determine which participants will attend each trip.

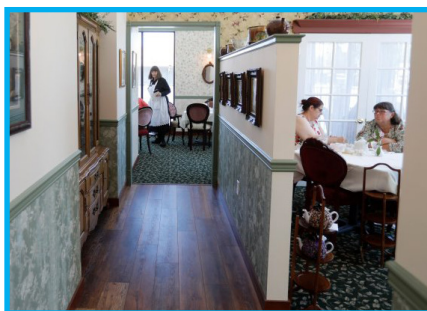
### Lisa's Tea Treasures

Thursday, November 21  
Campbell, CA

Lottery Deadline: November 13  
Cost: \$55.00



Enjoy a lunch tea party with a 3-course meal beginning with a cup of tea and scone at Lisa's Tea Treasures. Trip cost includes the price of the meal plus tax, gratuity, and transportation.  
Depart at 11:15AM



### Christmas in the Park

Thursday, December 12,  
San Jose, CA

Lottery Deadline: November 22  
Cost: \$8.00



Enjoy an early afternoon in San Jose's Plaza de Cesar Chavez to indulge yourself in the Christmas decorations and festivities. This will be your chance to see the decorated Christmas trees and the display of giant chocolate structures at the Fairmont Hotel. You will also be able to have a no-host light snack and a traditional hot chocolate at one of the food vendors.

Depart at 1:00PM



### Winchester Mystery House

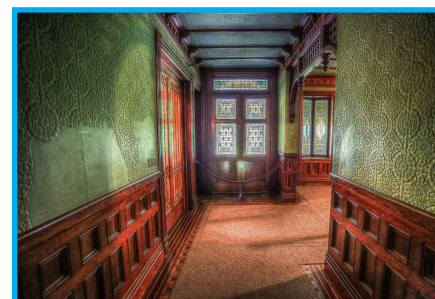
Thursday, January 16,  
San Jose, CA

Lottery Deadline: December 20  
Cost: \$35.00



Tour through 110 of the 160 rooms of Sarah's stately mansion, known around the world as the Winchester Mystery House®, and see the bizarre attributes that give the mansion its name. After the tour, we will enjoy a no-host lunch at Santana Row.

Depart at 10:00AM



# BARBARA LEE SENIOR CENTER SERVICES

## Case Manager - Create Goals. Get Connected. Get Hope.

Talk with the Case Manager to assess your situation and identify your goals by getting connected to resources in the community that will assist in helping you to maintain independence. Staff is here to help you achieve your goals and provide the support you need! You can make an appointment at the Front Desk, or by calling (408) 586-3400.

## Blood Pressure Screenings

Volunteers are available to take your blood pressure on:

Every Monday & Friday 9:30AM-11:30AM

Every Tuesday 10:00AM-11:30AM

Thursday, 8:30AM-11:30AM\*

*\*Dependent on volunteers' availability.*

## Shuttle Service to the Senior Center

The Barbara Lee Senior Center free shuttle service offers ADA accessible transportation to the Senior Center and back home again for its members! Door-to-door service to the Senior Center is available on Mondays, Tuesdays, Wednesdays, and Fridays from approximately 8:30AM-2:00PM. (Wednesday until 4:00PM). This service is intended for participants with limited or no access to transportation. For more details and to register, please call (408) 586-3400. Eligibility Requirements: Must be a current Senior Center member and live within the Milpitas city limits. Must make reservations in advance.

## Senior Adults Legal Assistance

**2nd Wednesday 10:00AM-12:00PM (by appointment only)**

SALA is a non-profit elder law office whose mission is to support older persons in their efforts to live safely, independently, non-institutionalized, and with dignity. Established in 1973, SALA provides free legal services and community education to Santa Clara County residents who are age 60 or older. There is no income eligibility qualification to use SALA's services. SALA's attorney staff provides a range of legal services from simple advice/referrals to comprehensive legal representation. SALA's caseload consists of legal matters that private attorneys typically do not handle and which have a great impact on elders most in need in our community.

## Health Insurance Counseling & Advocacy Program (HICAP)

**1st Tuesday (English & Vietnamese) 9:30AM-12:30PM**

**3rd Thursday (English & Chinese) 1:00PM-4:00PM**

**By appointment only for 1-hour counseling sessions**

The Health Insurance Counseling & Advocacy Program (HICAP) of Sourcewise is not affiliated with any insurance company and offers unbiased information with individual counseling to help you make informed decisions about Medicare and Medi-Cal coverage.

## Barbara Lee Senior Center Memberships

Milpitas' Barbara Lee Senior Center is for adults 50+. A Senior Center Membership is required to participate in all programs (unless otherwise noted, such as Lunch Program or Bingo). Membership fees are \$12 for Milpitas residents and \$30 for non-residents. Milpitas residents must show two proofs of residency for the discounted rate. Please note: For any total charge of \$11-\$50 there is a \$1 processing fee. For total charges of \$51 or more, the processing fee is \$3. Processing fees are non-refundable.



Blood Pressure Screening



Dementia Friends Information



Case Manager Mary Bedford-Carter

# NUTRITION PROGRAM MENU

November 2019

Mon	Nov 4	Chicken Enchilada Casserole & Soup or <b>Chicken with Taro &amp; Black Bean Sauce</b>	Alternate Choices: - Chicken Caesar Salad - Veggie Kale & Roasted Sweet Potato Salad - Turkey & Cranberry Sandwich - Veggie Boca Burger	
Tue	Nov 5	Herb Roasted Pork with Gravy		
Wed	Nov 6	Turkey Divan Casserole		
Thurs	Nov 7	Chicken Curry or <b>Minced Pork Patty with Vegetables &amp; Vermicelli</b>		
Fri	Nov 8	Beef & Turkey Chili		
Mon	Nov 11	<b>Senior Center Closed - Veterans Day Holiday</b>		Alternate Choices: - Seafood Salad - Veggie Chickpea Salad - BBQ Chicken Sandwich - Veggie Pita Sandwich
Tue	Nov 12	Pot Roast with Gravy & Split Pea Soup		
Wed	Nov 13	Lemon Pepper Chicken		
Thurs	Nov 14	Beef & Turkey Cabbage Bake or <b>Baked Chicken with Bean Sauce</b>		
Fri	Nov 15	Pork Char Siu		
Mon	Nov 18	Chicken with Paprika Cream Sauce or <b>Braised Pork with Pumpkin &amp; Onion</b>	Alternate Choices: - Greek Chicken Salad - Veggie Bean Salad - Roast Beef Sandwich - Veggie Boca Burger	
Tue	Nov 19	Szechuan Pork		
Wed	Nov 20	Beef Stroganoff		
Thurs	Nov 21	Baked Fish with Tartar Sauce & Lemon or <b>Baked Fish with Sha Cha Sauce</b>		
Fri	Nov 22	BBQ Chicken & Corn Chowder Soup		
Mon	Nov 25	Roasted Pork Loin with Apple Chutney Sauce or <b>Baked Chicken with Five Spice</b>	Alternate Choices: - BBQ Chicken Salad - Veggie Spinach, Cranberry, Egg & Walnut Salad - Turkey-Ham & Apple Sandwich - Veggie Black Bean Burger	
Tue	Nov 26	Chicken Parmesan		
Wed	Nov 27	Roasted Turkey with Gravy & Cranberry Sauce - Thanksgiving Meal		
Thurs	Nov 28	<b>Senior Center Closed - Thanksgiving Holiday</b>		
Fri	Nov 29	<b>Senior Center Closed - Thanksgiving Holiday</b>		

The Senior Nutrition Program (SNP) is through the Aging & Adult Services section of Santa Clara County, and provides high quality, cost-efficient, nutritious meals to seniors. The Milpitas Senior Center is one of 36 serving sites throughout the County. The Senior Nutrition Program is open to all seniors over the age of 60. There is a suggested contribution of \$3.00 per person per meal, however, no eligible senior is ever denied because of a failure or inability to make a contribution. There is an \$8.00 fee for guests under the age of 60. Membership at the Senior Center is not required to attend the lunch program.

- Call (408) 586-3413 to make or cancel your reservation. Reservations are required to guarantee a lunch. If you are unable to come for lunch and fail to cancel your reservation, your remaining reservations will be canceled until we hear from you.
- Reservations must be made by Noon (12:00PM), 1 day before you plan to attend (order by Noon on Friday for a Monday lunch).
- Suggested contribution is \$3.00 for seniors 60 years and older. Guests under 60 are \$8.00.
- Check-In for lunch at 10:30AM-11:45AM Unchecked-in lunches will be released to the Waiting List after 11:45AM.
- Meals are to be eaten at the lunch program. Taking meals from the lunchroom is done at your own risk and should be eaten or refrigerated within 30 minutes of leaving. Reheat in a 350°F oven until bubbly for 5 minutes. Discard any food left after 3 days.



Senior Nutrition Program



Delicious Cole Slaw



Senior Center Supervisor John Macon